



## Annual Activity Report 2016

### Division 8 – Health Psychology

#### Communication: Division

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- The Division is near completion of a website, which will serve as a platform of information and exchange for members. The expected completion of this website is June 2016.
- We have produced a fall 2015 and Spring 2016 Newsletters

#### IAAP and other Congresses

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- There will be two Division 8 invited symposia at the International Congress of Psychology 2016 in Yokohama. Urte Scholz will be discussant in the Symposium “Health behaviors in context: The role of social and structural factors in self-regulation.” Additionally, Urte Scholz will convene the symposium “Theory-based approaches for promoting health behavior change.” Ralf Schwarzer will be a discussant and Aleksandra Luszczynska will be a speaker at this symposium.

#### Involvement in other related congresses / conferences / workshops

- The members of the Division of Health psychology actively took part in the 29th Conference of the EHPS: Principles of Behaviour Change in Health and Illness. Cyprus, 1st - 5th September 2015, Limassol - Cyprus.
  - Aleksandra Luszczynska had varied roles in the 29th European health Psychology Conference, Limassol, Cyprus (2015, September 1-5). Aleksandra was track chair of the ‘interventions in chronic disease II,’ track chair of the ‘conceptualisation and challenges in caregiving research’ roundtable, discussant of the ‘health-related correlates of social support’ symposium, and presenter within ‘the varied roles of self-efficacy in health behaviour change’ symposium.

- Rik Crutzen was a member of the Executive Committee of the European Health Psychology Society (EHPS) and track chair of the 'eHealth and mHealth' track of the 29th European Health Psychology Society Conference, Limassol, Cyprus (2015, September 1-5).
- Sonia Lippke was chair of the 'Health and behaviours within social and cultural contexts' interactive poster session, and both chair and discussant of the 'Computer-based health promotion to change health behaviours and to overcome health literacy challenges' symposium of the 29th European health Psychology Conference, Limassol, Cyprus (2015, September 1-5).
- Ralf Schwarzer has given a keynote address on the topic of "Digital Interventions in Health Behavior Change" at the Chinese Congress of Applied Psychology in Beijing, April 2016.
- Barbara Mullan is on the Local Programming Committee and the Scientific Programming Committee for the International Congress of Behavioral Medicine, Melbourne, Australia 7 – 10 December, 2016.
- Rik Crutzen was an invited speaker at the 7th Conference on Supporting Health by Technology, Groningen, Netherlands. He presented: Crutzen, R., Van 't Riet, J., & Short, C.E. (2016, May 27). Enjoyment: a conceptual exploration and overview of experimental evidence in the context of games for health.
- Rik Crutzen was an invited speaker at the 15-year anniversary symposium on Current and Future Trends in Technology-based Learning and Cooperation, Tübingen, Germany. He presented: Crutzen, R., Cyr, D., Taylor, S.E., Lim, E., & Ruiters, R.A.C. (2016, June 2-3). So close, no matter how far: narrowing perceived distance to foster attitudinal shift in an online context.
- Rik Crutzen was an invited contributor to the workshop Connected Well-being & Health: Focus on Mobile Health Applications, University of Manchester, United Kingdom.
- Ralf Schwarzer received an invitation to speak at the 6th Asian Congress of Health Psychology in Yokohama, Japan, July 2016. Ralf Schwarzer presented within the 'varied roles of self-efficacy in health behaviour change' symposium, and was discussant within the 'making sense of behaviour change' symposium of the 29th European health Psychology Conference, Limassol, Cyprus (2015, September 1-5).

## Publications

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### Journal Contributions

- Barz, M., Lange, D., Parschau, L., Lonsdale, C., Knoll, N., & Schwarzer, R. (2016). Self-efficacy, Planning, and Preparatory Behaviors as Joint Predictors of Physical Activity:

A Conditional Process Analysis. *Psychology & Health*, 31(1) 65-78, DOI: 10.1080/08870446.2015.1070157

- Carvalho, T., Alvarez, M.-J., Pereira, C., & Schwarzer, R. (2016). Stage-based computer-delivered interventions to increase condom use in young men. *International Journal of Sexual Health*. 03/2016; DOI: 10.1080/19317611.2016.1158764
- Crutzen, R. & Peters, G.-J.Y. (e-pub ahead of print). Scale quality: alpha is an inadequate estimate and factor-analytic evidence is needed first of all. *Health Psychology Review*.
- Crutzen, R., Van 't Riet, J., & Short, C.E. (2016). Enjoyment: a conceptual exploration and overview of experimental evidence in the context of games for health. *Games for Health Journal*, 5, 15-20.
- Gaspar de Matos, M., Palmeira, A., Gaspar, T., de Wit, J. B. F., & Luszczynska, A. (2016). Social support influences on eating awareness in children and adolescents: the mediating effect of self-regulatory strategies. *Global Public Health*, 11, 437-448. doi:10.1080/17441692.2015.1094106
- Hohl, D.H., Knoll, N., Wiedemann, A., Keller, J., Scholz, U., Schrader, M., & Burkert, S. (2016). Enabling or cultivating? The Role of Prostate Cancer Patients' Received Partner Support and Self-Efficacy in the Maintenance of Pelvic-Floor Exercise Following Tumor Surgery. *Annals of Behavioral Medicine*, 50, 247-258. DOI 10.1007/s12160-015-9748-6
- Inauen, J., Shrout, P.E., Bolger, N., Stadler, G., & Scholz, U. (in press). Mind the gap? An intensive longitudinal study of between-person and within-person intention-behavior relations. *Annals of Behavioral Medicine*. DOI: 10.1007/s12160-016-9776-x
- Jander, A., Crutzen, R., Mercken, L., Candel, M., & De Vries, H. (2016). Effects of a Web-based computer-tailored game to reduce binge drinking among Dutch adolescents: a cluster randomized controlled trial. *Journal of Medical Internet Research*, 18, e29.
- König, C., Stadler, G., Knoll, N., Ochsner, S., Hornung, R. & Scholz, U. (in press). Invisible support: Effects on the provider's positive and negative affect. *Applied Psychology: Health and Wellbeing*. doi:10.1111/aphw.12067
- Lhakang, P., Hamilton, K., Sud, N., Sud, S., Kroon, J., Knoll, N., & Schwarzer, R. (2016). Combining Self-management Cues with Incentives to Promote Interdental Cleaning among Indian Periodontal Disease Outpatients. *BMC Oral Health*. DOI: 10.1186/s12903-016-0164-5
- Mullan, B., Allom, V., Sainsbury, K., & Monds, L. (2016). Determining Motivation to Engage in Safe Food Handling Behaviour. *Food Control*, 61(47-53).
- Mullan, B., Henderson, Hamilton, K., Allom, V., & Orbell, S. (2016). The role of habit and perceived behavioural control on health behaviour among pregnant women. *American Journal of Health Behavior*, 40(3), 291-301.

- Revenson, T. A., Griva, K., Luszczynska, A., Morrison, V. Panagopoulou, E., Vilchinsky, N., & Hagedoorn, M. (2015). *Caregiving in the Illness Context*. Basingstoke, UK: Palgrave Macmillan. Doi:10.1057/9781137558985.0004
- Scholz, U., Stadler, G., Ochsner, S., Rackow, P., Hornung, R. & Knoll, N. (in press). Examining the relationship between daily changes in support and smoking around a self-set quit date. *Health Psychology*, 35, 514-517. DOI: 10.1037/hea0000286
- Shoji, K., Cieslak, R. Smoktunowicz, E., Rogala, A., Benight, C. C. & Luszczynska, A. (2016). Associations between job burnout and self-efficacy: A meta-analysis. *Anxiety, Stress, & Coping*, 29, 367-386. doi:10.1080/10615806.2015.1058369
- Stok, F. M., de Ridder, D. T. D., de Vet, E., Nureeva, L., Luszczynska, A., Wardle, J., Gaspar, T., & de Wit, J. B. F. (2016). Hungry for an intervention? Adolescents' ratings of acceptability of eating-related intervention strategies. *BMC Public Health*, 16, 5. Doi:10.1186/s12889-015-2665-6
- Todd, J, Kothe, E, Mullan, B, & Monds, L. (2016). Reasoned versus reactive prediction of behaviour: A meta-analysis of the prototype willingness model. *Health Psychology Review*, 10(1), 1-24.
- Zarychta, K., Mullan, B., & Luszczynska, A. (2016). Am I overweight? A longitudinal study on parental and peers weight-related perceptions on dietary behaviors and weight status among adolescents. *Frontiers in Psychology*. 7, 83. doi: 10.3389/fpsyg.2016.00083.

## Working Groups

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- Aleksandra Luszczynska became a member of a task group, supported by the European Health Psychology Society Networking Grant (2015). The group investigates caregiver stress issues; the involved researchers are Tracey Revenson (USA), Val Morrison (UK), Noa Vilchinsky (Israel), Mariet Hagedoorn (the Netherlands), Aleksandra Luszczynska (Poland/USA), Efharis Pangopoulou (Greece), and Konstantina Griva (Singapore).

## Activities for Students

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- In May 2016, Ralf Schwarzer gave a 3-day course on health behavior change at the Arctic University, Tromsø, Norway.
- Urte Scholz is faculty member of the International Max Planck Research School (IMPRS) on The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE). It is a joint international PhD Program of the Max Planck Institute for Human Development, the Freie Universität Berlin, the Humboldt-Universität zu Berlin, the University of Michigan, the University of Virginia, and the University of Zurich.

- At Jacobs University, a new Master's Program will start this fall focusing on different applied fields, such as health, cross-cultural aspects and organizational setting. In times of demographic change and globalization, this bilingual program takes up many actual topics. Sonia Lippke has been involved in the construction and administration of this program.

## Other Activities

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- Aleksandra Luszczynska became the Co-Chief Editor of Applied Psychology, Health and Well-Being. She shares the editorial responsibilities with Ralf Schwarzer.
- Barbara Mullan became the president of the Australasian Society of Behavioural Health and Medicine.
- Sonia Lippke was promoted to Full Professor of Health Psychology and Behavioral Medicine at Jacobs University.
- Urte Scholz received together with Gertraud Stadler, Nina Knoll, Caterian Carwilow and Beate Ditzen a Networking Grant of the European Health Psychology Society (EHPS) on the topic: How do Individual and Dyadic Regulation Intersect in Behaviour Change? Development of a Dyadic Health Process Model
- Sonia Lippke received a grant from the German Pension Fund Oldenburg Bremen (DRV-Oldenburg-Bremen) for conducting a meta-analysis on behavioural vs. environmental interventions reducing sitting time at work and preventing work ability.
- The National Science Centre, Poland, awarded Aleksandra Luszczynska with a grant for developing interventions aiming at dyadic, collaborative, and individual plans prompting physical activity among people with obesity, diabetes, and cardiovascular diseases. The development of the interventions, their evaluation and implementation will be conducted in collaboration with Applied Social and Health Psychology Group at University of Zurich (Urte Scholz and Theda Radtke).

## Upcoming / Planned Activities

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- Aleksandra Luszczynska will be presenting "Brief psychosocial interventions promoting adherence to physical activity and nutrition guidelines among women at risk for or with cardiovascular diseases" at the Annual CardioFemme Conference 2016 in Haifa, Israel. She will also be a keynote speaker at the 30th Conference of European Health Psychology Society, Aberdeen, Scotland.
- Urte Scholz and Gertraud Stadler will be facilitating this year's Synergy meeting, which is an expert meeting during the two days before the European Health Psychology Society Conference in Aberdeen (22nd and 23rd August, 2016). The topic

of this meeting is “Social relationships and health: collaborative and dyadic approaches”.

- Sonia Lippke will be serving as the Scientific Committee Member for the European Health Psychology Society 2017 Annual Meeting.